



# Earth Week

## April 16-20th

### Monday, April 16th: Mantra Monday

*Follow up your Mindful Monday mantra by making a bracelet or snake chain to help focus your mind and repeat your mantra. Join us at lunch by the lunch shelter.*



**tuesday**  
**tune-up**

### Tuesday, April 17<sup>th</sup>: Tune up Tuesday

*Join fellow students in the grass field at lunch to learn some fun exercises to tune up our bodies and stay healthy.*

### Wednesday, April 18<sup>th</sup>: Walk & Wellness Wednesday

*Walk to school with our walking school bus. At lunch we will have healthy snacks from our own homes and gardens.*

**Wellness**  **Wednesday**

*Thoughtful*  
**THURSDAY**

### Thursday, April 19<sup>th</sup>: Thoughtful Thursday

*Write a letter, make a card, or build a bird feeder. Today we focus on thoughtful acts of kindness we can do for anyone on our planet.*

### Friday, April 20th: Festival Friday

*Our Earth Week culminates with an afternoon festival where we will learn how to nourish our bodies, minds, and environment.*



Earth Festival

**1:00-2:00**– Tk-3rd grade

**2:00-3:00**– 4th and 5th grades